

**NATFAN: Children  
State Agency Report  
Pre-Food Package Rollout Questionnaire  
Fall 2009**

**State: Connecticut**

**Total number of participants who completed the questionnaire: 1012**

Number of participants who completed the English version: **791**

Number of participants who completed the Spanish version: **221**

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### Notes for WIC agencies in reading and interpreting the NATFAN Pre-Food Package Rollout Questionnaire Results:

The NATFAN pre-rollout questionnaire was administered to over 71,000 WIC participants in 52 programs representing 39 states, 11 ITOs, Washington DC, and one US Territory. WIC programs distributed this questionnaire between November 2008 and September 2009, prior to the implementation of the new WIC food package.

The results in this report capture a “snapshot” of the consumption and food frequency patterns of WIC participants prior to the new food package rollout based on a *sample, not every participant*. You may want to compare the questionnaire responses with the most recent certification reports to make sure that the sample group is similar to the overall participant makeup.

These results reflect all of the *completed* questionnaires for your program (please see sample sizes on page 1). Blank or refused surveys were not included in these results.

The totals for each question may not match the number shown on page 1. Not every participant who completed the questionnaire responded to all questions, so the results for each item reflect only those who answered that question. The letter “*n*” denotes the total number of participants who answered the question.

This report is designed to help you evaluate the impact of the new WIC foods on your WIC program and to help you plan and provide the best possible nutrition education services for your participants. You may be interested in comparing your program’s results with the aggregate, national data. If you have any questions about this report, please contact Rachel Condie at [rcondie@tamu.edu](mailto:rcondie@tamu.edu) or 979-458-2679 or Asha Girimaji at [asha.g@tamu.edu](mailto:asha.g@tamu.edu) or 979-862-2213.

We appreciate your participation in this project!

## Parent/Caregiver Demographic Information

### Participant Status

WIC participants reported the following information about their children:

1. 90.0% of 884 participants had a child in the household who received WIC foods.
2. 81.4% of 776 participants had a child who received WIC foods in the past 30 days.
3. 97.0% of 891 participants were the primary caregiver for the child.

<b>4. What is your age?</b>	<b># of participants</b>	<b>%</b>
17 or younger	8	1.0
18-23	167	21.6
24-29	293	38.0
30-34	166	21.5
35 or older	138	17.9

n=772

<b>5. What is the highest level of education you have completed?</b>	<b># of participants</b>	<b>%</b>
1 <sup>st</sup> to 6 <sup>th</sup> grade	33	3.9
7 <sup>th</sup> to 9 <sup>th</sup> grade	55	6.5
10 <sup>th</sup> to 12 <sup>th</sup> grade	162	19.1
High School graduate / GED	275	32.5
At least some college	322	38.0

n=847

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<b>6. What is your race?</b>	<b># of participants</b>	<b>%</b>
White, non-Hispanic	206	20.4
White, Hispanic	258	25.5
Black, non-Hispanic	204	20.2
Black, Hispanic	55	5.4
Native American, non-Hispanic	11	1.1
Native American, Hispanic	36	3.6
Pacific Islander, non-Hispanic	1	0.1
Pacific Islander, Hispanic	12	1.2
Asian, non-Hispanic	16	1.6
Asian, Hispanic	3	0.3
Other	55	5.4
I do not want to answer	37	3.7

n=1012

<b>7. What language is spoken most often at home?</b>	<b># of participants</b>	<b>%</b>
English	482	53.8
Both Spanish and English	242	27.0
Spanish	156	17.4
Other	16	1.8

n=896

## Child Information

8. What is your child's age?	# of participants	%
12 months – 23 months	256	30.3
24 months – 35 months	250	29.6
36 months – 47 months	202	23.9
48 months – 59 months	138	16.3

n=846

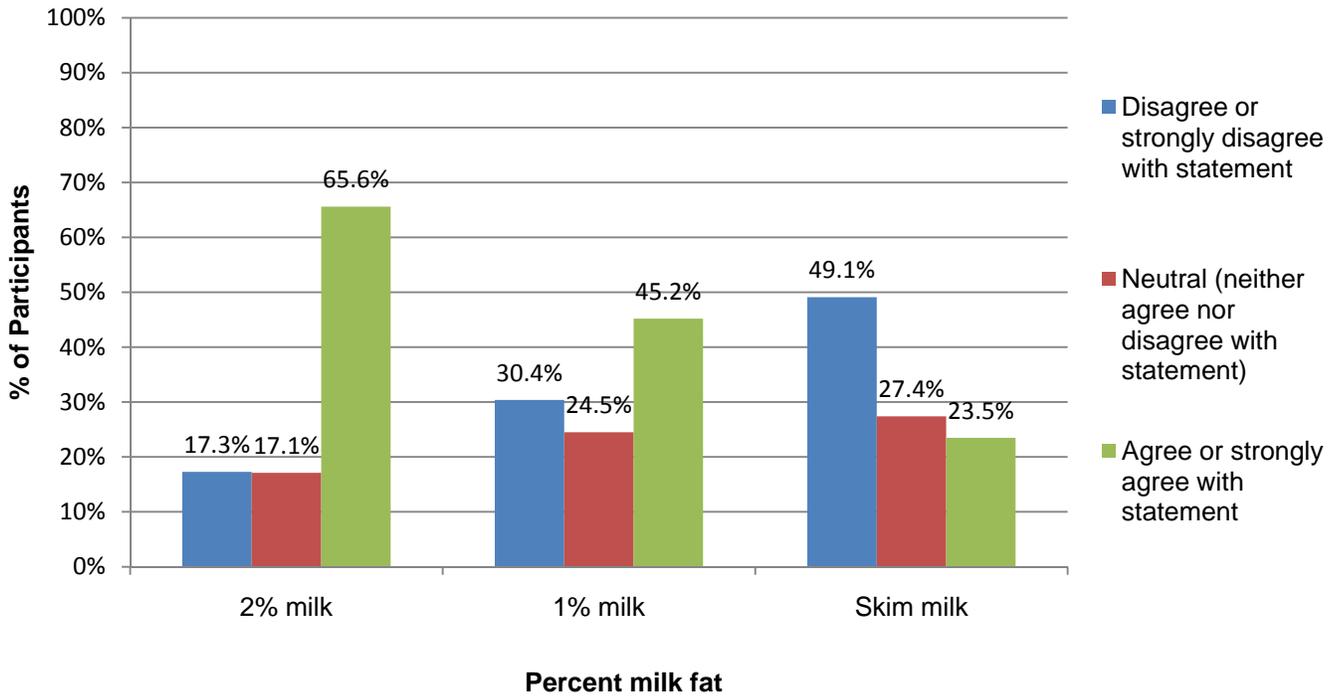
9. 51.0% of 885 participants have a child who is a boy.
  
10. 49.0% of 885 participants have a child who is a girl.

## Milk Consumption

Participants were given the following statements about milk selections and were asked to rank how strongly they agreed or disagreed. The statements and results are shown below:

11. I am willing to give my child who is two years old or older 2% milk.
  
12. I am willing to give my child who is two years old or older 1% milk.
  
13. I am willing to give my child who is two years old or older skim milk.

**Chart 1. Willingness to Give Child 2% Milk, 1% Milk, or Skim Milk**



n = 866 for question 11, n = 837 for question 12, and n = 829 for question 13

<b>14. How many cups of milk does your child usually drink in a day?</b>	<b># of participants</b>	<b>%</b>
My child does not drink milk	21	2.2
Less than 1 cup	19	2.0
1 cup	73	7.8
2 cups	256	27.4
3 cups	362	38.7
4 or more cups	204	21.8

n=935

<b>15. What kind of milk does your child drink most often?</b>	<b># of participants</b>	<b>%</b>
My child does not drink milk	24	2.7
Cow's milk	801	88.7
Lactaid or lactose free milk	50	5.5
Soy milk	22	2.4
Goat's milk	4	0.4
Rice milk	2	0.2

n=903

<b>16. What types of cow's milk does your child drink most often?</b>	<b># of participants</b>	<b>%</b>
My child does not drink cow's milk	43	4.9
Whole milk	519	58.8
2% milk	233	26.4
1% milk	66	7.5
½ % milk	2	0.2
Skim (fat free) milk	14	1.6
I do not know	6	0.7

n=883

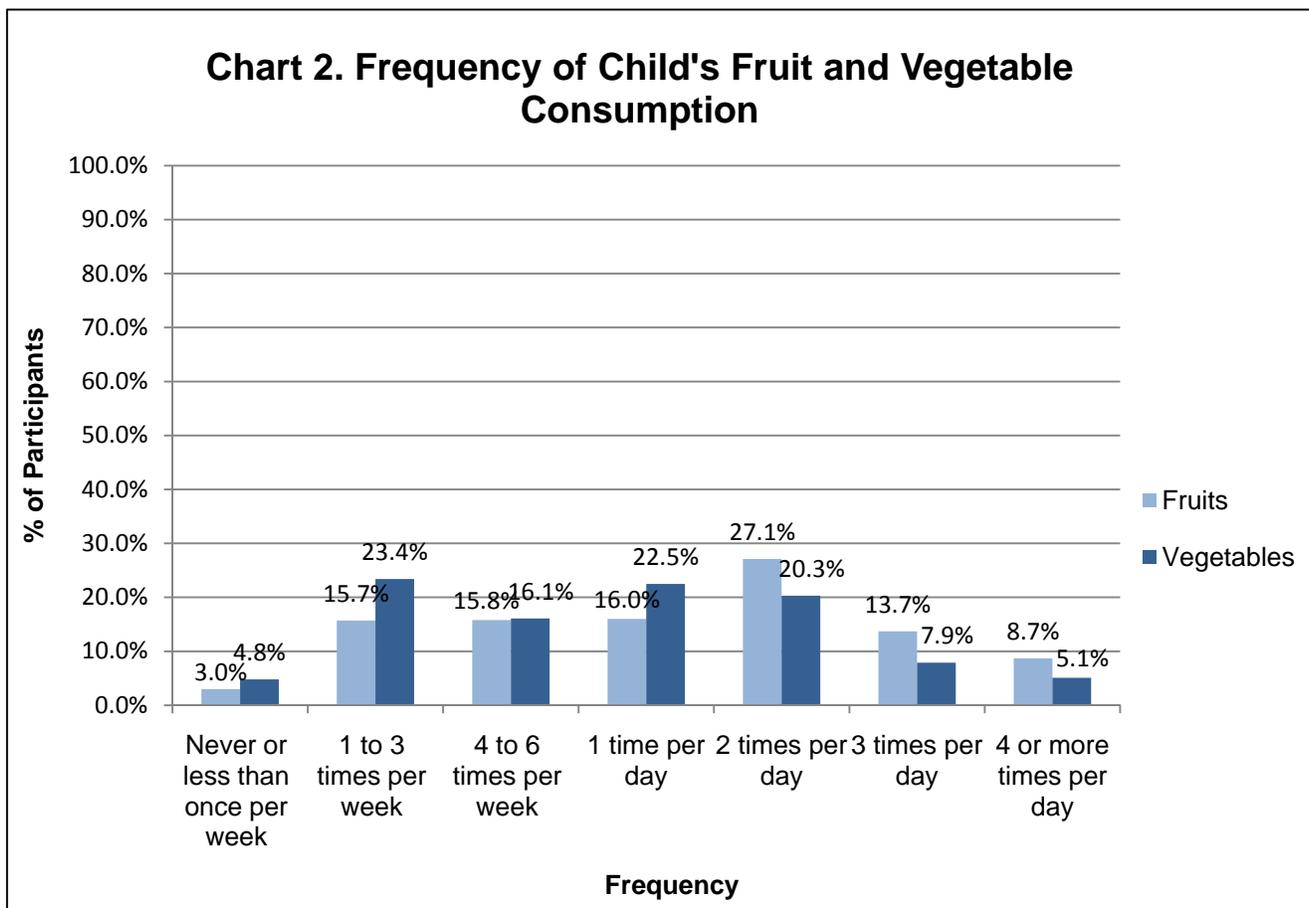
## Beverages

17. How often does your child do the following?	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Drink 100% juice such as orange, apple, or tomato. n=929	43 (4.6%)	182 (19.6%)	105 (11.3%)	126 (13.6%)	231 (24.9%)	163 (17.5%)	79 (8.5%)
Drink soy milk. n=865	800 (92.5%)	16 (1.8%)	6 (0.7%)	8 (0.9%)	14 (1.6%)	10 (1.2%)	11 (1.3%)
Drink artificially sweetened drinks such as diet cola, diet soda, or Crystal Light. n=903	688 (76.2%)	144 (15.9%)	19 (2.1%)	37 (4.1%)	8 (0.9%)	4 (0.4%)	3 (0.3%)
Drink sugar sweetened drinks such as Kool-Aid, soda, cola, sport drinks, or sugar sweetened tea. n=901	487 (54.1%)	265 (29.4%)	39 (4.3%)	60 (6.7%)	34 (3.8%)	13 (1.4%)	3 (0.3%)

## Fruits and Vegetables

Participants were given the following 2 questions about their child's fruit and vegetable consumption. The chart displays their response:

18. How often does your child eat fruit? This does NOT include juice.
19. How often does your child eat vegetables such as salad, carrots, or sweet potatoes? This does not include potatoes, French fries, or potato chips.



n = 915 for question 18 and n = 926 for question 19

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20. During the past year, which fruits did your child usually eat?	Selected	
	# of participants	%
My child does not eat fruit	5	0.5
Apples	857	84.7
Apricots (fresh)	81	8.0
Apricots (dried)	29	2.9
Bananas	858	84.8
Berries (blueberries, blackberries, raspberries)	390	38.5
Melons (cantaloupe, honeydew)	566	55.9
Cherries	429	42.4
Dates	19	1.9
Figs	39	3.9
Grapefruit	111	11.0
Grapes	777	76.8
Kiwis	234	23.1
Lemons or Limes	194	19.2
Mangos	439	43.4
Nectarines	201	19.9
Oranges	719	71.0
Papaya	135	13.3
Peaches	546	54.0
Pears	524	51.8
Pineapple	550	54.3
Plums	332	32.8
Prunes	122	12.1
Raisins	396	39.1
Rhubarb	13	1.3
Strawberries	711	70.3
Tangerines	313	30.9
Watermelon	671	66.3
Other	18	1.8

n=1012

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21. During the past year, which vegetables did your child usually eat?	Selected	
	# of participants	%
My child does not eat vegetables	16	1.6
Asparagus	94	9.3
Avocados	246	24.3
Beets	77	7.6
Broccoli	684	67.6
Brussels Sprouts	54	5.3
Cabbage	329	32.5
Carrots	747	73.8
Cauliflower	228	22.5
Chayote	75	7.4
Corn	670	66.2
Cucumbers	427	42.2
Eggplant	108	10.7
Greens (collard, mustard, turnip)	188	18.6
Green Beans	547	54.1
Green Peas	448	44.3
Lettuce (all varieties)	571	56.4
Mushrooms	152	15.0
Okra	61	6.0
Onions	341	33.7
Peppers (Bell, green, yellow, orange, red)	321	31.7
Potatoes	776	76.7
Spinach	285	28.2
Summer Squash (yellow, zucchini)	268	26.5
Sweet Potatoes	451	44.6
Tomatoes	587	58.0
Tomatillos	52	5.1
Winter Squash (acorn, pumpkin)	183	18.1
Other	18	1.8

n=1012

## Grains

WIC participants reported consuming the following whole and refined grains:

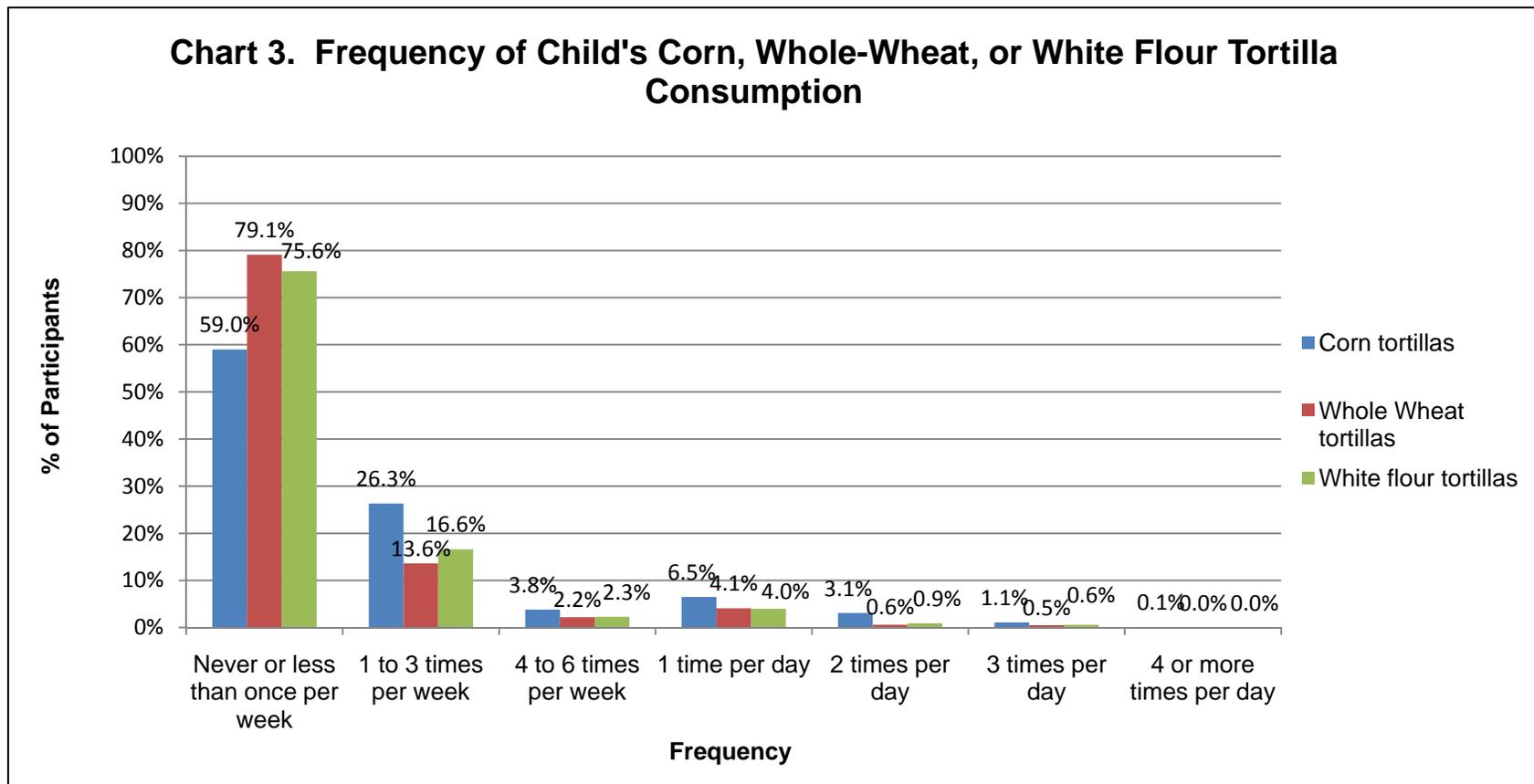
22. How many times does your child:	Never or less than once per week	1 to 3 times per week	4 to 6 times per week	1 time per day	2 times per day	3 times per day	4 or more times per day
	Number (%)						
Eat brown rice. n=887	498 (56.1%)	223 (25.1%)	65 (7.3%)	73 (8.2%)	17 (1.9%)	8 (0.9%)	3 (0.3%)
Eat oatmeal. n=911	200 (22.0%)	359 (39.4%)	134 (14.7%)	157 (17.2%)	36 (4.0%)	10 (1.1%)	15 (1.6%)
Eat white rice. n=924	133 (14.4%)	389 (42.1%)	174 (18.8%)	148 (16.0%)	49 (5.3%)	13 (1.4%)	18 (1.9%)

Participants were asked the following three questions about their child's tortilla consumption. The results are displayed in Chart 3.

23. How many times does your child eat corn tortillas?

24. How many times does your child eat whole-wheat tortillas?

25. How many times does your child eat white flour tortillas?

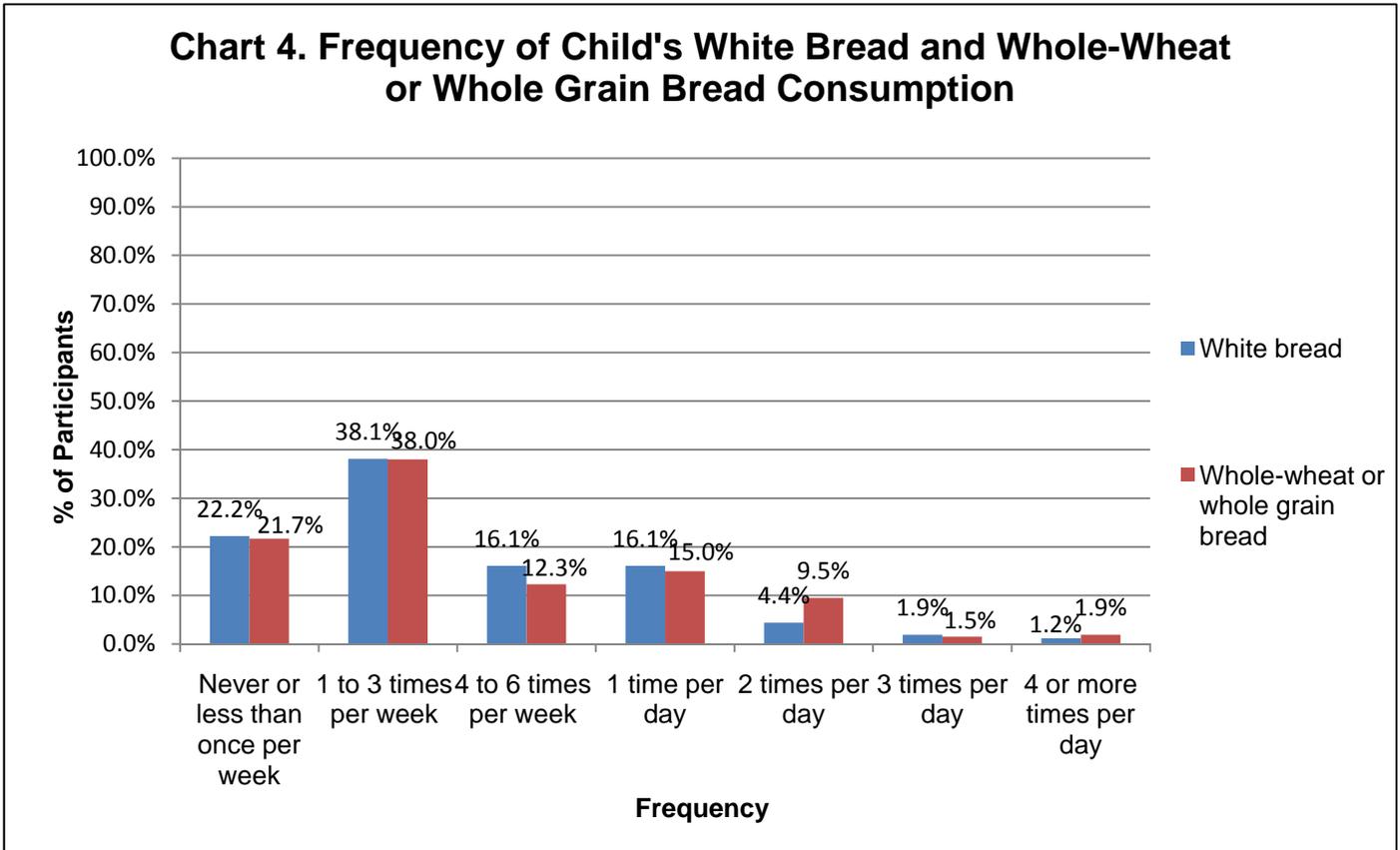


n = 896 for question 23, n = 880 for question 24, and n = 872 for question 25

Participants also answered questions about the frequency of their child consuming different types of bread. These questions are listed below and the results are displayed in Chart 4.

26. How many times does your child eat white bread?

27. How many times does your child eat whole-wheat or whole grain bread?



n = 908 for question 26 and n = 907 for question 27